

Sirloin Citrus Salad

Ingredients:

- 1 lb. Boneless, beef top sirloin steak, cut 1" thick, well trimmed
- 1 tsp. Olive oil
- 4 cups Romaine lettuce, torn
- 2 Oranges, peeled and separated into segments
- Vinaigrette:**
 - 2 tblsp. Orange juice
 - 2 tblsp. Red wine vinegar
 - 2 tsp. Olive oil
 - 2 tsp. Honey
 - 1-1/4 tsp. Dijon-style mustard



Directions:

Prepare citrus vinaigrette by combining ingredients; set aside. Cut beef steak into 1/8 inch thick strips; cut each strip in half. Heat oil in a large nonstick skillet over medium-high heat. Stir-fry beef (1/2 at a time) 1-2 minutes. Remove with slotted spoon, season with salt, if desired. Toss lettuce, beef & oranges. Drizzle with Citrus Vinaigrette. Garnish with strawberries, if desired.

NUTRITIONAL INFORMATION (per serving)

Calories: 243

Fat: 8g

Calories from fat: 30

Cholesterol: 75 mg

Fiber: 2g

Sodium: 77

<http://www.foodreference.com/html/sirloincitrussr.html>